Steelflex

TREADMILL XT-7600

User Manual

TREADMILL XT-7600

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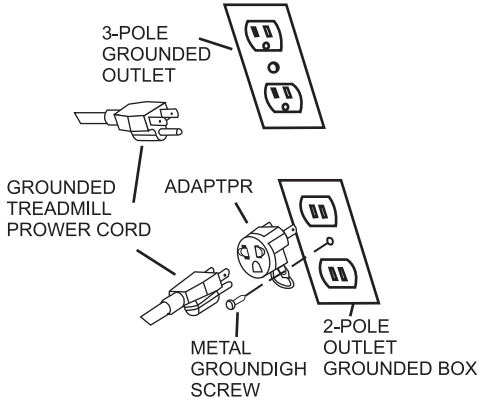
GROUNDING INSTRCTION'S

This product must be grounded. A temporary adapter such as the one illustrated below may be used to connect this plug to a 2-pole receptacle as shown, if a properly grounded outlet is not available. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER- Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged, it must be replaced by the manufacture or its service agent or a similarly qualified person in order to avoid a hazard.



FCC WARNING –
POSSIBLE RADIO/TELEVISION INTERFERENCE

NOTE: This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for the compliance could void the user's authority to operate the equipment. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful radio interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase space between the equipment
- Plug the equipment into two electrical outlet located on separate circuits
- Consult an exercise equipment dealer or an experienced radio/TV technician for help

Class R (Residential): Private or non-commercial use

IMPORTANT SAFETY INSTRUCTIONS

When using on electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product. The use of this product in any way not described in this manual is not recommended, may cause serious or fatal injury and may void your warranty.

WARNING

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized STEELFLEX retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power card, which may pinch and damage it.
- Unplug your Treadmill before moving it.

CHILDREN

- Keep children off your STEELFLEX Treadmill at all times.
- When the STEELFLEX Treadmill is in use, young children and pets should be kept at least 10 feet away.

CAUTION

STEELFLEX firmly recommends that you have a complete medical exam by a qualified physician before beginning any exercise program, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese or have not exercised regularly in the past year. If, at any time while exercising, you feel faint, dizzy, pain or a shortness of breath, stop exercising immediately.

PROPER USE

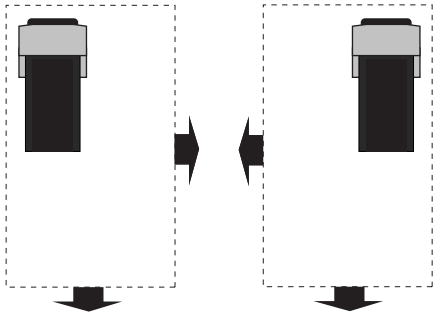
- DO NOT use this product unless proper attire is worn. Rubber-soled training, running, or tennis shoes must be worn to provide proper traction and protection while using this product.
- DO NOT use cleats, spikes or any other non-athletic style shoes.
- DO NOT use this product while barefoot or wearing only socks.

ELECTRICAL REQUIREMENT

Your STEEFLEX treadmill is intended for use in the country to which it was shipped. Electrical supplies outside of this country may differ and may not be compatible with the product. Please consult Customer Support before using the treadmill in a different country.

LOCATION

When choosing a location for the treadmill, pick a location that is unobstructed. The treadmill must have the following clearance.



- Non-entry side of treadmill – Minimum of 8 inches (20cm)
- Entry side of treadmill – Minimum of 36” (90cm)
- Front of the treadmill – Minimum of 12 inches (30cm)
- Behind treadmill – Minimum of 6 feet (180cm)

These spacing requirements are mandatory for the safe use of the treadmill. If an accident should occur, you must have sufficient space to move away from the treadmill.

GROUNDING INSTRUCTIONS

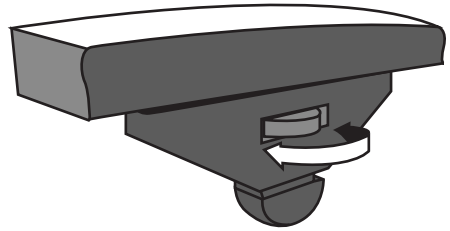
The treadmill must be property grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The power cord’s plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances. DO NOT use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

LEVELER LEGS

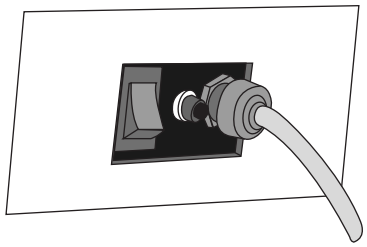
After finding a location that is suitable for the treadmill, the rear legs must be adjusted to provide stable support. Located on the side of each leg is a thumb-wheel that will allow you to lower or raise the leg until it is properly seated on the floor.

DO NOT adjust legs while the treadmill is on. Turn the power switch to the OFF position.



POWER SWITCH

The power switch is located in the front of the treadmill near the power cord. The power switch has two positions ON and OFF. The display console will beep when the treadmill is plugged in and the power switch is pressed ON.



CIRCUIT BREAKER RESET

The circuit breaker is located next to the power switch. If there should be an electrical overload due to a surge in electricity or other situation, the circuit breaker will disconnect and attempt to prevent any damage from occurring to the treadmill. If the treadmill suddenly stops with no lights visible nor beep heard, the circuit breaker may need to be reset. To reset the circuit breaker press the button firmly. The display console should restart and a beep should be heard.

CAUTION

Feel the power cord with your hands. If the power cord is warm to the touch a problem may exist with the electrical outlet in which the treadmill is plugged. It may be necessary to plug the treadmill into a different outlet.

POWER CORD

The power cord, located in the front of the treadmill must be plugged into a properly grounded electrical outlet. Locate the power cord so it will not come in contact with the wheels of the treadmill during operation. This may cause the power cord to become pinched or damaged. Damage to the power cord could result in a fire hazard or cause personal injury through electrical shock.

BUTTONS

1. :Press START to begin a manual or programmed workout.

2. :Use to set program and variable setting/ adjust tread belt speed.

3. : Use to increase/decrease the elevation of treadmill.

4. :Press COOL DOWN at any time during a workout gradually stops a workout.

5. :Accept variable setting.

6. : One Touch speed select buttons. Indicated as Kilometer per Hour.

7. : Pulling the SAFTETY KEY magnet stops the treadmill immediately.

NOTE: The clip end should be attached to clothing while using treadmill.

8. STOP/PAUSE/Hold To Reset
During workout, press STOP/PAUSE will gradually stop the tread belt. If holding this button down for 3 seconds will reset the treadmill.

FEEDBACK DISPLAY

1. **TIME**: Shown as Minutes: Seconds. View elapsed Time in your workout.

2. **CALORIES**: Shown as estimated accumulated Calories burned during workout.

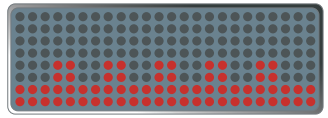
3. **DISTANCE**: Shown as miles or kilometers. View Distance traveled during workout.

4. **PULSE**:Shown as Beats-per-Minute. Monitor your hand pulse at any time during workout.

5. **SPEED**:Shown as Miles/Hour or Kilometers/Hour. Indicate how fast the running surface is moving, simulate outdoor running.

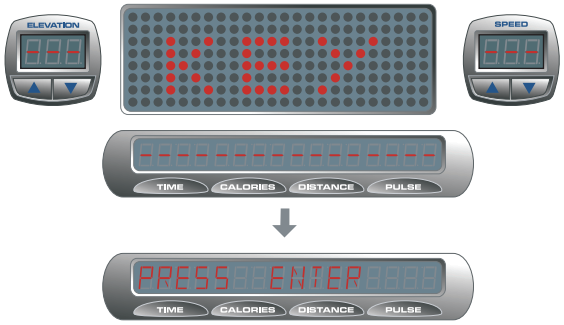
6. **ELEVATION**:Shown as percentage of incline. Indicate how steep incline the running surface is, simulate running on a hill.

7. **PROFILE**:Shown as a graphical representation of the selected program on the LED matrix window.



1. TURN ON POWER

The matrix window displays "KEY" after the main power switch is turning on.
Connect the Safety Key.
Message says "PRESS ENTER", press ENTER.
Note:
Turning on the main power switch with connected Safety Key. The matrix windows displays the accumulative distance and time have been used on this machine.



2. SET WEIGHT

Message says "SET WEIGHT 90". The default is 90 kgs.

Use SPEED to set weight.

Press ENTER

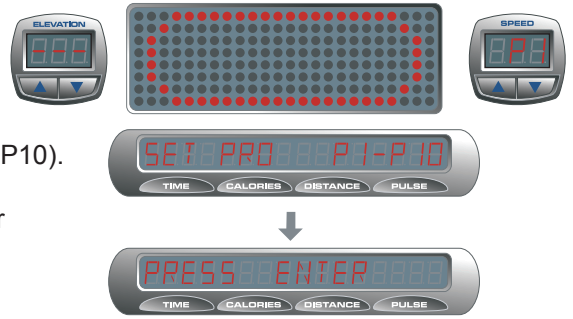
to accept your setting.

3. SET PROGRAM:

Message says "SET PRO P1-P10". The default is P1.

Use SPEED to select program (P1-P10).

Press ENTER to accep your setting.

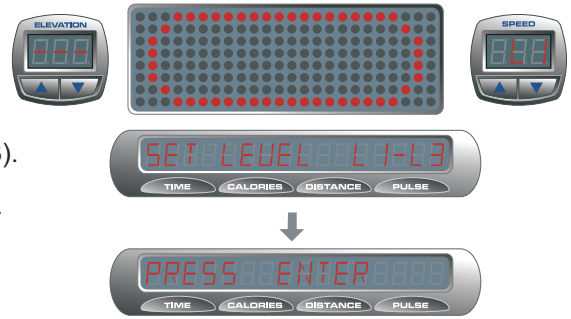


4. SET LEVEL:

Message says "SET LEVEL L1-L3".The default is L1.

Use SPEED to select Level (L1-L3).

Press ENTER to accept your setting.



5. SET TIME:

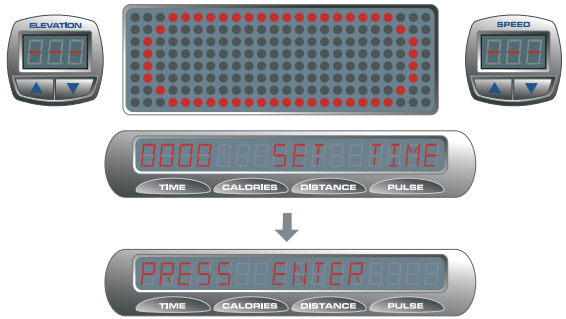
Message says “00:00 SET TIME”.

Use

to set workout time.

Press

to accept the Time.



Note:

Press

to return except for P9 to correct the setting.

1). If no button was pressed after 5 minutes, the displays will show the operating mode and the program graphic.

2). If user setting is not complete or the is pressed during the setting. The default will be used, but the adjustment will be maintained.

P1 MANUAL

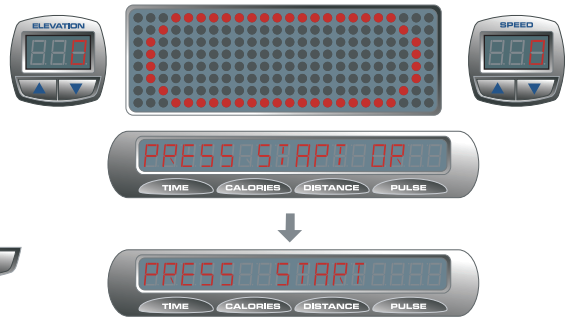
Step 1. Select P1, press

.

Step 2. Message says “PRESS START OR SET TIME”

Step 3. Use SPEED to set workout time.

Step 7. Press .



P2 INTERVAL/P3 WALKING/ P4 RUNNING/P5 WEIGHT LOSS/P6 CARDIO

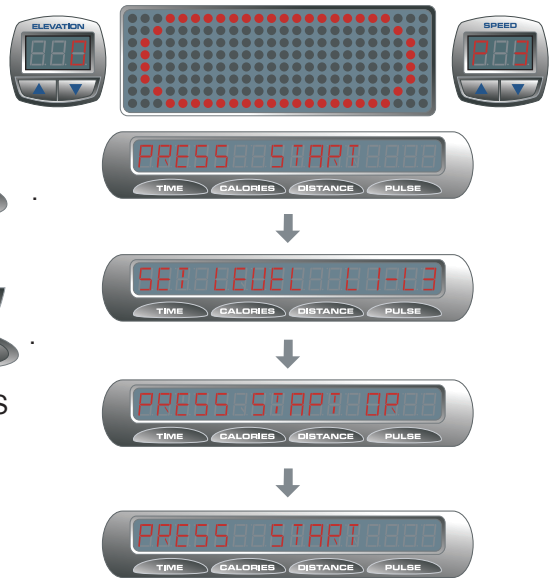
Step 1. Select program P2/P3/P4/P5/P6, press

.

Step 2. Message says “SET LEVEL”. Use SPEED set level (L1~L3), press

.

Step 3. Message says “PRESS START OR SET TIME”. Use SPEED set workout time, press .



P7 SET DISTANCE/ P8 SET CALORIE

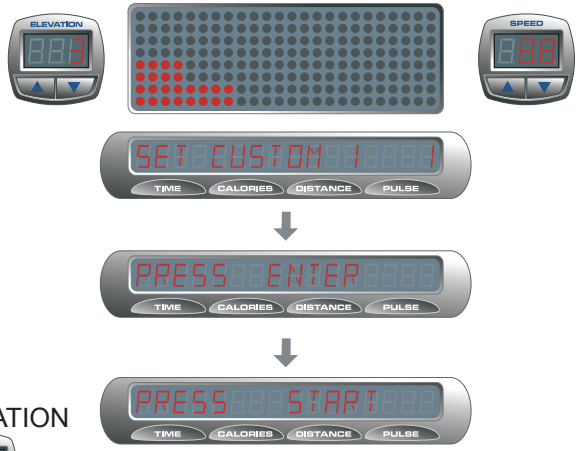
Step 1. Select program P7/P8, press ENTER .

Step 2. Message says “SET DIS 00.01”(or “SET 30 CALO” for set calorie).
Use SPEED ▲▼ set distance or calories, press ENTER or press ⏻ .

Step 3. Message says “PRESS START”, press ⏻ .

P9 CUSTOM LEARNER

The default setting has a total of 2 users, each with 6 segments in 24 minutes.



Step 1. Select P9. Message says SET CUSTOM 1 1” and the left “1” is flashed.

Step 2. Use SPEED ▲▼ to select user 1 or 2, press ENTER .

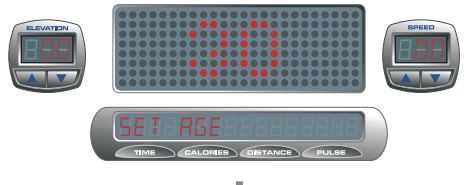
Step 3. Use SPEED and ELEVATION to set and for each segment.speed and elevationwindows are flashed.

Step 4. Message says ”PRESS START” after 6 segments are set., press ⏻ . If no setting, the default setting will be used.

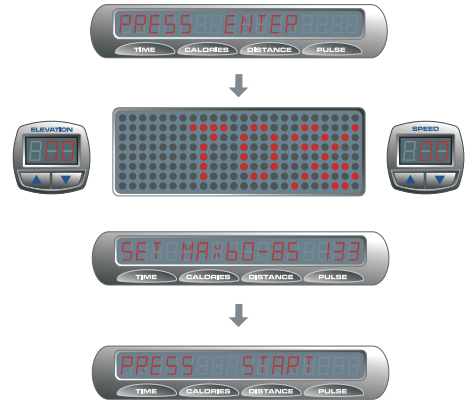
P10 HEART RATE CONTROL

Step 1. Select P10 (HEART RATE CONTROL), press ENTER .

Step 2. Message says “SET AGE”. Use SPEED ▲▼ to set age, press ENTER .



Step 3. Message says “ SET MAX 60-85”. Use SPEED ▲▼ to adjust the %. Default setting is 70%.



Step 4. Message says “ PRESS START”, press ⏻ .

Note:
During workout, the motor will stop automatically after 10 seconds, if the heart rate signal is not detected (shown by a flashing Heart), During workout, the elevation may be changed, but not the speed.

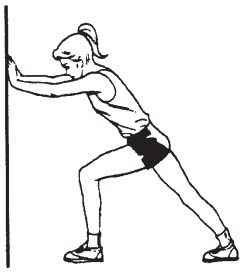
Adequate flexibility is the ability to move your limbs and joints easily (through a complete range of motion) the way you need to in order to meet the callenges of daily life. Fortunately thereís a positive reinforcing cycle between flexibility and activity. Adequate flexibility enables you to maintain an active lifestyle, and an active lifestyle makes an important contribution to maintaining adequate flexibility. These relationships grow stronger the older we become.

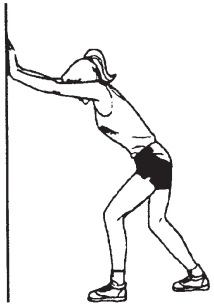
When should I stretch?
Any time is a good time to Stretch. In the morning it can work out the kinks in your back, at work, you can relax your neck and shoulders, and after work stretch out your lower back. However, your should never do your stretches before you have had a chance to warm your body up.

How should I stretch?
Perform the following stretches slowly and smoothly until you feel a slight ìtuggingî sensation on the muscles involved. Donít stretch to the point you feel pain, and donít bounce you could pull a muscle. Hold each stretch for 10 to 20 seconds. Exhale through the stretch, and breathe slowly. This will keep you from bouncing.

1. Calf (back of lover leg)

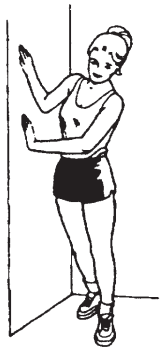
a. Straight knee start with the leg to be stretched approximately three feet from the wall and the opposite leg on step forward. Lean toward the wall, keeping your heels down and feet turned in slightly.
b. Bent knee start same as above, but move approximately one foot closer to the wall and bend the knee of the back leg to be stretched.
c. Repeat using the other leg.





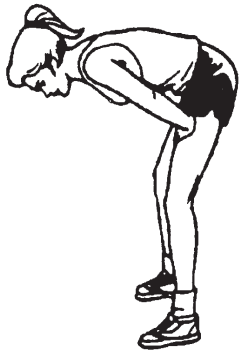
2. Iliotibial Band (outside of hip)

a. Start with the leg to be stretched one step back and behind the opposite foot. Move your hips sideways toward the side of your body being stretched. Keep the upper body away from the wall and do not bend forward.
b. Repeat using the other leg.



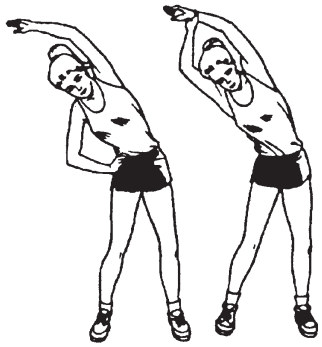
3. Lower Back, Hips, Groin, and Hamstrings

a. Stand with the feet about shoulder- width apart and pointed straight ahead. If you are pretty flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.
b. Slowly bend forward from the hips, always keeping your knees slightly bent.
c. Stretch only to the point where you feel a tugging in the back of your legs.



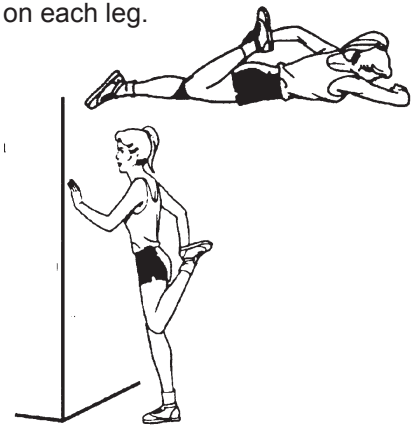
4. Side Bends

a. Stand with your feet about shoulder - width apart and toes pointed straight ahead. Keep your knees slightly bent, one hand on your hip; extend your other arm up and over your head. Slowly bend at your waist to one side, toward the hand on your hip
b. Extend both arms overhead. Hold your right hand with your left hand and bend slowly to the left, using your left arm to pull the right arm gently over the head and down toward the ground.
c. Repeat with other side.



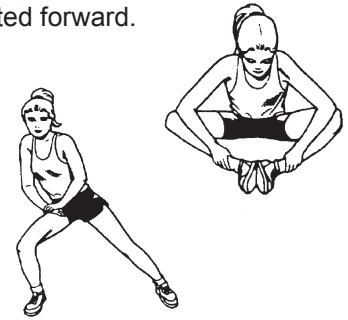
5. Quadriceps (front of thigh)

a. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor.
b. The same stretch can be done standing. Do not allow the thigh to come in front of you and so not bend forward at the waist.
c. Do this exercise twice - once on each leg.



6. Groin (inside of thigh)

a. Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.
b. Stand with your feet three to four feet apart and turned out slightly. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.
c. Repeat using the other leg

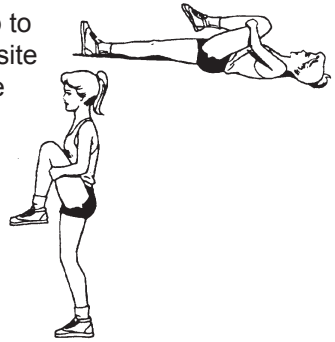


7. Hamstrings (back side of upper leg)

a. Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.
b. Repeat with the other leg.

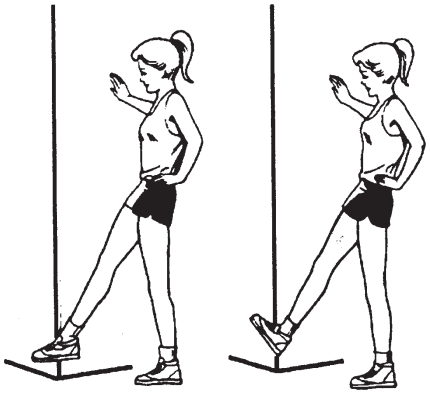
8.Gluteus (back of hip

a. Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.
b. The same may be done standing.
c. Repeat with the other leg.



9. Anterior Tibialis (front of shin)

a. Stand with all of your weight on one leg. Extend the opposite leg forward and flex and point at the ankle.
b. Repeat with the other leg.



10. Iliopsoas (lower back)

a. If you have a neck problem, be very careful with this stretch. In a sitting position (on a mat or rug hold your knees with your hands and pull them to your chest.
b. Gently roll up and down your spine, keeping your chin down toward your chest. This will further stretch the muscles along the spine.
c. Try to roll evenly and with control. Roll back and forth 4 to 8 times or until you feel your back loosen.

LIMITED LIGHT COMMERCIAL WARRANTY

Up to 4 hours use per day
LIGHT COMMERCIAL USES DEFINED STEELFLEX warrants models. For use in light commercial facilities including: Hotels, Resorts, Police & Fire Stations, Apartment Complexes, Corporate Fitness Centers, Hospitals, Rehabilitation and Sports Medicine Clinics, where average use is up to four hours per day. Not warranted for private Health Clubs, YMCAs or Schools.

STEELFLEX hereby extends the following limited warranties for the following components of the device, for the period indicated:
FRAME – STEEEFLEX warrants the frame against defects in workmanship and materials for 10 years so long as it remains in the possession of the original owner.
ELECTRONICS &PARTS – STEELFLEX warrants the electronic components and all original parts against defects in workmanship and material for a period of 1 year from the date of original purchase, so long as the device remains in the possession of the original owner.
Labor – STEELLFEX shall cover the labor cost for the repair or the device for a period of 1 year from the date of original purchase.

EXCLUSIVE REMEDY
The exclusive remedy for any of the above warranties shall be repair of replacement of defective parts or the supply of labor to cure any defect, provided that Labor shall be limited to one year. The local retailer shall supply all labor and the product must be located within that retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS
This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation or parts or accessories not originally intended or compatible with the Fitness Product as sold.
The warranty does not apply to damage or failure due to accident, abuse, corrosion , discoloration of paint or plastic, or neglect, STEELFLEX or its vendors may sometimes be supplied as warranty replacements parts and constitute fulfillment of warranty terms, Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

STEELFLEX expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary form state to state. .

JOONG GHENN INDUSTRY CO.,LTD.

Factory:

NO.280,Nangang 3rd Rd., Taiwan 540 R.O.C.

Sales office:

3F28, NO.5, Shin-Yi Rd., Sec.5, Taipei 110 R.O.C.

Tel:886-2-27209980 Fax:886-2-27229750

E-mail:joong@ms13.hinet.net

http://www.joong.com.tw